Strong. Smart. Beautiful.

CYCLES

OWNER'S MANUAL

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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 READ AND SAVE THESE INSTRUCTIONS

- This Cycle is intended for commercial use.
- To insure your safety and protect the equipment, read all instructions before operating the MATRIX Cycle.

When using an electrical product, basic precautions should always be followed, including the following:

- Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

Your MATRIX Cycle is self-generating (requiring no external power source) and must be pedaled to power up the console.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product:

- An appliance should never be left unattended when plugged in. Unplug the entertainment equipment from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this Owner's Guide. Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not remove the side covers. Service should only be done by an authorized service technician.
- Never operate the Cycle with the air opening blocked. Keep the air opening clean, free of lint, hair and the like.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by entertainment equipment power cord or use cord as handle.
- Keep any of the entertainment equipment power cords away from heated surfaces.
- Keep hands and loose clothing away from moving parts.
- Close supervision is necessary when the Cycle is used by or near children or disabled persons.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this Cycle to a properly grounded outlet only.
- To disconnect, turn all entertainment controls to the off position, then remove plug from outlet.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, **STOP** exercising immediately and consult a physician before continuing.

1.2 SETTING UP THE CYCLE

Assembly instructions have been provided with your Cycle. For your safety, please read and follow each of the steps in the assembly guide.

1.3 INSTALLATION REQUIREMENTS

Your MATRIX Cycle is designed to be self contained and does not require a power supply to operate.

CAUTION: Use of the wrong power supply for the entertainment device may cause damage to your Cycle and/or entertainment device.

Locate a level, stable surface to position the Cycle. The Cycle has leveling feet located under the foot support and the center of the frame. If your Cycle wobbles in the location where you intended to use it, loosen the lock nut on the adjusting foot and adjust the feet until stable. Once level, lock the adjusting feet by tightening the lock nut to the frame.

1.4 PREVENTATIVE MAINTENANCE AND CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Cycle.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration of plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft, 100% cotton cloth.
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe seats, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal safety straps weekly for wear.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment free from dust and dirt.

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CHAPTER 2: USING MANAGER PREFERENCE

2.1 USING MANAGER PREFERENCE MODE

Your MATRIX Cycle is designed to allow you to customize settings for your preferences and diagnostics. The Manager Mode can only be accessed while the Cycle is powered up. Follow the instructions to adjust the Cycle computer for your desired setting.

STEP 1: Power up the Cycle and hold the **UP** and **DOWN** arrow keys for 3 seconds. The word 'Manager' will appear in the alphanumeric window and will enter into the Manager setting automatically after 3 seconds. Continue to pedal until finished.

STEP 2: Select information you would like to view or change from the following list by using the **UP** or **DOWN** arrows. Press **SELECT**.

Manager mode will allow you to view and set the following.

DISPLAY	CODE: INFORMATION	USER DEFINABLE	DEFAULT VALUE	MIN.	MAX.
Manager	P0: Maximum program time	Y	95 min	5	95
	P1: Default time	Y	20 min	5	95
	P2: Default level	Y	L1	L1	L20
	P3: Default weight	Y	150 lbs	80lbs	400lbs
	P4: Speed	Y	Miles	Miles	KM
	P5: Machine	Y	BI	BI	RE,EL
	P6: Cardio Entertainment	Y	On	On	OFF
	P7: Accumulated Distance	Y	On	On	OFF
	P8: Accumulated Time				
	P9: Software Version				

STEP 3: Use **UP** or **DOWN** arrows to increase or decrease values.

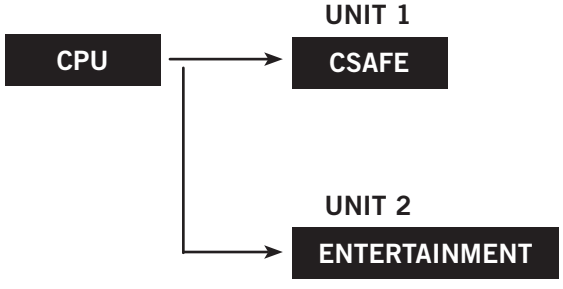
STEP 4: Press **START** to save and enter selected values and exit to **STEP 2.**

STEP 5: Exit by pressing **START**. Screen will reset to Start up.

2.2 USING CSAFE

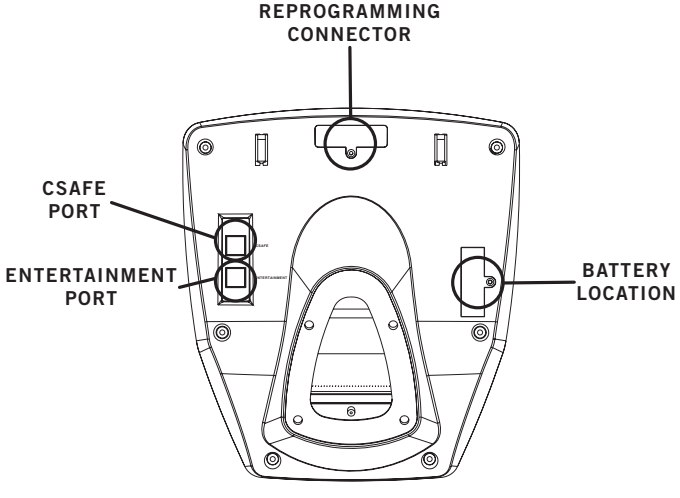
Matrix is the leader in entertainment availability. On the back of the console are two RJ45 receptacles. They are marked **CSAFE** and **ENTERTAINMENT**.

Use the **CSAFE** port to plug in a **CSAFE** device using an RJ45 connector. The connection is as follows:



2.3 CONSOLE (BACK SIDE) ACCESS LAYOUT:

Below is a layout to all of the access ports on the back of your Matrix Console.



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CHAPTER 3: ADJUSTING THE SEAT

3.1 RECUMBENT SEAT HEIGHT

To adjust the seat height on the Recumbent Cycle, locate the yellow lever under the right side of the seat before you mount the Cycle. Place your right hand on the yellow adjustment handle under the right side of the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the right side of the seat. Using legs slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.

3.2 UPRIGHT SEAT HEIGHT

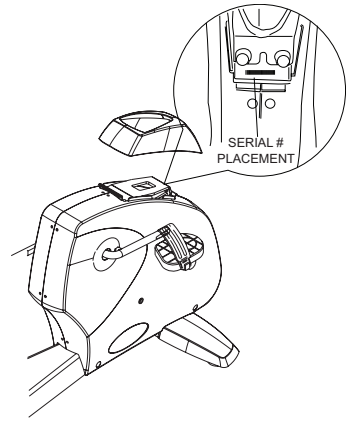
To adjust the seat height on the Upright Cycle, locate the yellow pull pin before you mount the Cycle. To raise or lower the seat, pull the yellow knob while holding the seat with the other hand and slide up or down accordingly. Make sure you are not seated when you pull the knob or pull the seat up.

3.3 HYBRID SEAT HEIGHT

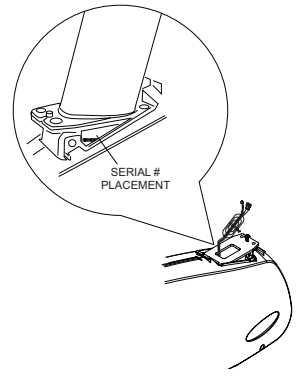
To adjust the seat height on the Hybrid Cycle, pull the yellow lever under the seat and lower the seat to the lowest position before getting on the machine. With the seat in the lowest position, stand over the seat and grab the yellow lever. Pull the lever and lift until the seat base makes contact with your pelvic bone.

CHAPTER 4: SERIAL NUMBER LOCATION

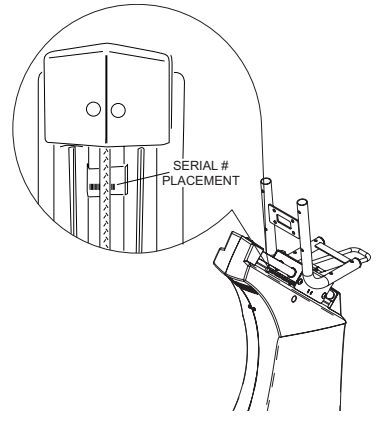
4.1 RECUMBENT CYCLE



4.2 UPRIGHT CYCLE



4.3 HYBRID CYCLE



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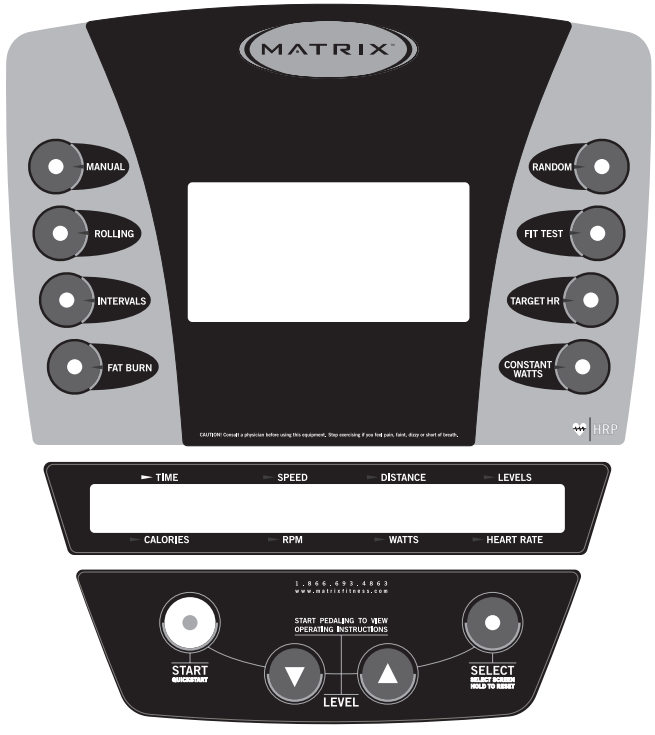
CHAPTER 5: USING THE RECUMBENT, UPRIGHT, OR HYBRID CYCLE

5.1 PAUSING THE UNIT

Once you stop pedaling, your console has a 30 second pause feature. You will know that machine is paused because the console will display a bouncing green dot. If the dot is not displayed, then the 9-volt battery located in the back of the console needs to be replaced. Simply remove the screw to access the battery compartment and replace the 9-volt battery.

5.2 CONSOLE DESCRIPTION



PROGRAMS: Simple program selection buttons make MATRIX Cycles easy to use. Matrix Cycles feature eight programs.

START/QUICK START: One Touch Quick Start and Start any time during preference selection.

UP/DOWN: Easy information and level selection.

SELECT/SELECT SCREEN/RESET: This multi-function button enters information when setting up programming options, toggles information displayed, and if held down for 5 seconds, resets the Cycle to Start-up mode.

5.3 MANUAL OPERATION

MATRIX design makes using the programs as easy as a touch of a button.

QUICK START: Start pedaling and press START to begin your workout. Manual mode allows you to enter your desired time, level and weight.

STEP 1: Select **SELECT** program button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

5.4 OPERATING LEVEL BASED PROGRAMS

Your MATRIX Cycle offers versatile programs to keep the user motivated. The following instructions will guide you through simple steps to select INTERVALS, ROLLING, FAT BURN and RANDOM programs.

STEP 1: Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at anytime during the workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or Wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1

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5.5 FIT TEST

FIT TEST program allows you to measure our fitness level by using one of two unique tests. Test one takes 12 minutes to complete and test two take 15 minutes to complete.

Follow these easy steps to enter in the Fit Test Program.

STEP 1: Select the **FIT TEST** button.
Select **TEST 1** or **2** by using the **UP** or **DOWN** arrow keys.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Staring 2, Starting 1.

STEP 5: Display will read results of FIT TEST.

STEP 6: Display will read **2:00 MINUTE COOL DOWN**.
Display will show totals for time, distance, calories, speed, RPM, watts.

MEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2700m	2400-2700m	2200-2399M	2100-2199M	<2100M
15-16	>2800m	2500-2800m	2300-2499M	2200-2299M	<2200M
17-20	>3000m	2700-3000m	2500-2699M	2300-2499M	<2300M
20-29	>2800m	2400-2800m	2200-2399M	1600-2199M	<1600M
30-39	>2700m	2300-2700m	1900-2299M	1500-1999M	<1500M
40-49	>2500m	2100-2500m	1700-2099M	1400-1699M	<1400M
50 +	>2400m	2000-2400m	1600-1999M	1300-1599M	<1300M

WOMEN'S OUTPUT TABLE FOR TEST #1 AND #2

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2000m	1900-2000m	1600-1899M	1500-1599M	<1500M
15-16	>2100m	2000-2100m	1700-1999M	1600-1699M	<1600M
17-20	>2300m	2100-2300m	1800-2099M	1700-1799M	<1700M
20-29	>2700m	2200-2700m	1800-2199M	1500-1799M	<1500M
30-39	>2500m	2000-2500m	1700-1999M	1400-1699M	<1400M
40-49	>2300m	1900-2300m	1500-1899M	1200-1499M	<1200M
50 +	>2200m	1700-2200m	1400-1699M	100-1399M	<1100M

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5.6 HEART RATE CONTROL

For your convenience, MATRIX FITNESS Cycles come standard with digital contact heart rate sensors and are POLAR® telemetry compatible.

Locate the metal sensors on the handrail of the Cycle. Notice there are two separate pieces of metal on each grip. You must be making contact with both pieces of each grip to get an accurate heart rate reading. You can grab these sensors in any program to view your current heart rate. The heart rate readout is located in the lower right hand corner and is labeled **HEART HR**.

Follow these easy steps to enter into the Target HR Program.

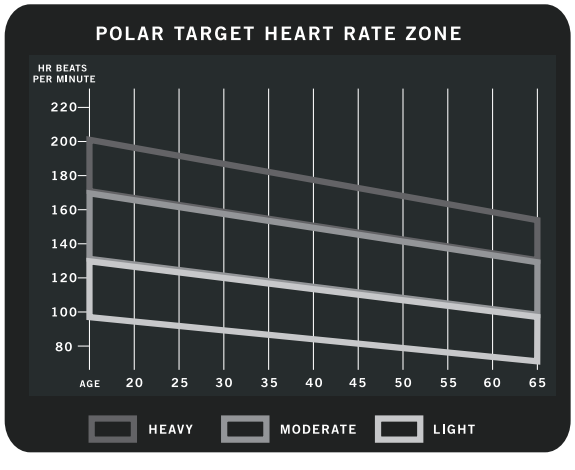
STEP 1: Select the **TARGET HR** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **PERCENT** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 5: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1



5.7 CONSTANT WATTS

CONSTANT WATTS program is a unique program that allows you to vary your cadence or RPM and the Cycle's resistance will adjust accordingly to your selected goal. The quicker you pedal the less resistance for the goal selected.

Follow these easy steps to enter into the Constant Watts Program.

STEP 1: Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **WATTS** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **TIME** by using **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select Weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1

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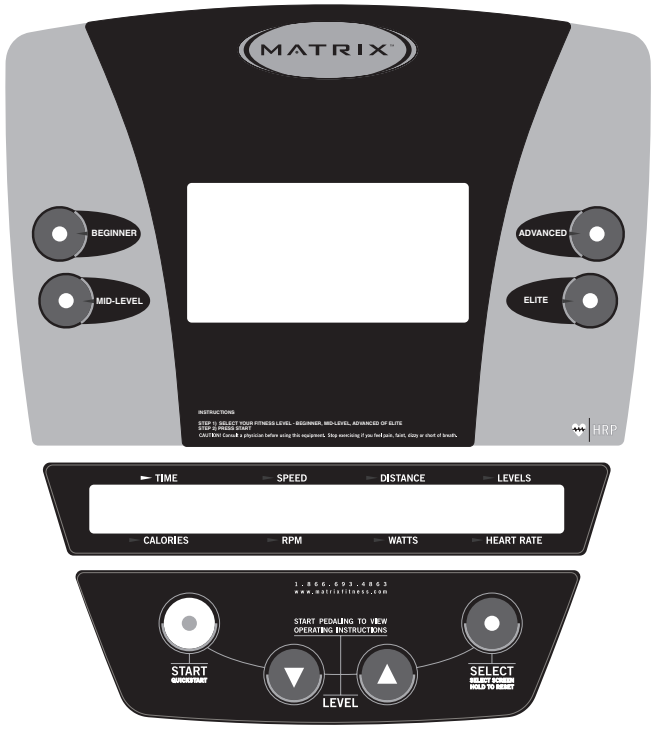
CHAPTER 6 G2 QUICK CIRCUIT OPERATION

6.1 PAUSING THE UNIT

Once you stop pedaling, your console has a 30 second pause feature. You will know that machine is paused because the console will display a bouncing green dot. If the dot is not displayed, then the 9-volt battery located in the back of the console needs to be replaced. Simply remove the screw to access the battery compartment and replace the 9-volt battery.

6.2 G2 CONSOLE DESCRIPTION



PROGRAMS: Simplified Quick Circuit cycle was designed to allow a timed warm-up or cool-down period as a part of the G2 Quick Circuit workout.

6.3 OPERATING THE FOUR BASED PROGRAMS

There are four pre-set programs to choose from with adjustable resistance in each program.

Follow these easy steps to enter into the G2 Quick Circuit Workout.

STEP 1: Select one of the four program level buttons.
BEGINNER default resistance level choices are 1-6.
MID-LEVEL default resistance level choices are 7-12.
ADVANCED default resistance level choices are 13-18.
ELITE default resistance level choices are 19-25.
Press **SELECT** or **LEVEL UP** to choose starting resistance.

STEP 2: Select **TIME** by using the **UP** arrow key.
If no **TIME** change is required - press **SELECT**.
Default time is 4:00 minutes**.**
Press **SELECT**

STEP 3: Press **START** key to begin workout.
Display, Display starting 3, starting 2, Starting 1

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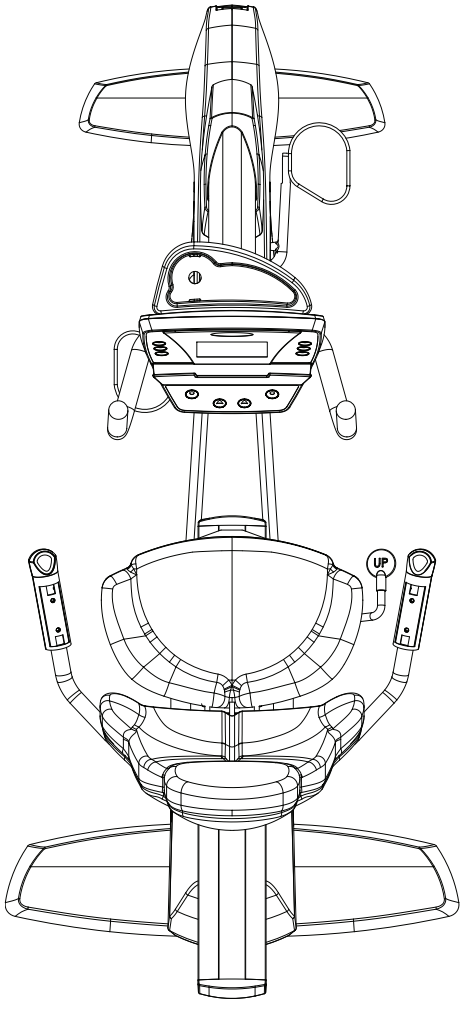
CHAPTER 7: RECUMBENT CYCLE SPECIFICATIONS, PARTS, AND ASSEMBLY STEPS

7.1 MX-R5x RECUMBENT CYCLE SPECIFICATIONS



SPECIFICATIONS

Product Name	R5x
Foot Print	inches = 64"L x 29"W x 51"H cm = 162.5 x 73.5 x 129.5
Weight	170 lbs 77 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE

Wireless Heart Rate	Yes
Contact Heat Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes - Optional Fitconnexion

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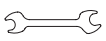
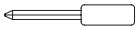
7.2 MX-R5x RECUMBENT CYCLE REQUIRED FASTENERS & ASSEMBLEY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			4mm ALLEN WRENCH	
01			5mm ALLEN WRENCH	
01			6mm ALLEN WRENCH	
01			OPEN WRENCH [#15 # 17 325L]	
01			#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
20	Z11		SOCKET HEAD CAP SCREW M8 x 20	
03	Z51		FLAT HEAD MACHINE SCREW M8 x 16	
02	Z13		BUTTON HEAD MACHINE SCREW M5 x 10	
04	Z41		BUTTON HEAD CAP SCREW M8 x 50	
12	Z23		FLAT WASHER M8	
20	Z12		LOCK WASHER	
04	Z42		CUPPED WASHER M8	
04	N51		BUTTON HEAD MACHINE SCREW M5 x 12	Included in console

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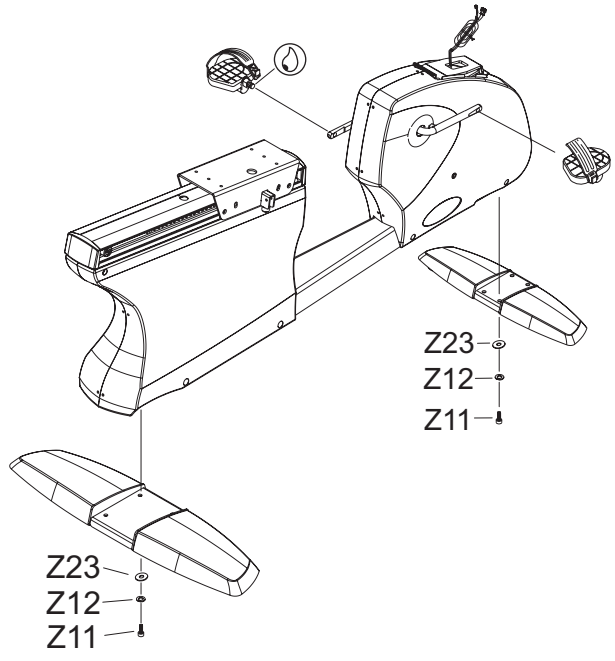
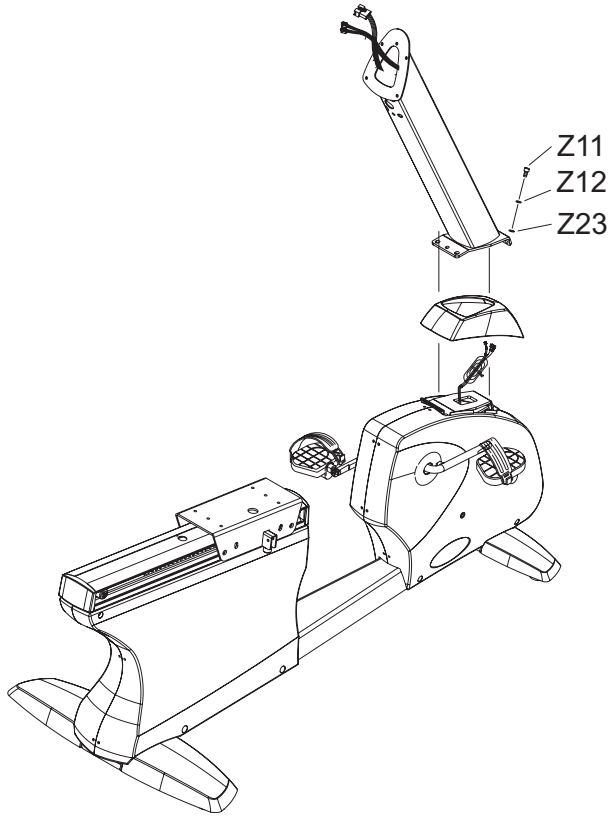
7.3 MX-R5x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 1



STEP 2



Lightly grease

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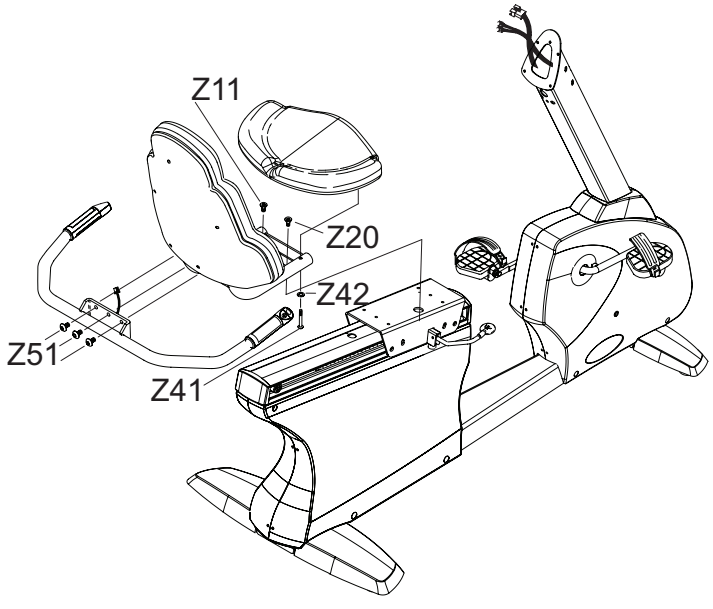
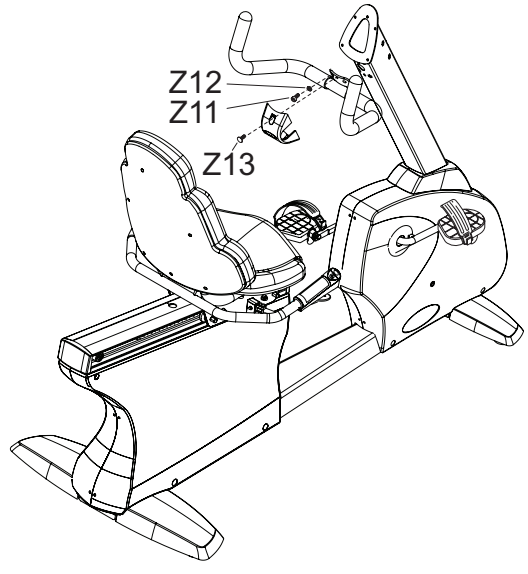
7.3 MX-R5x RECUMBENT CYCLE ASSEMBLY STEPS

STEP 3



STEP 4



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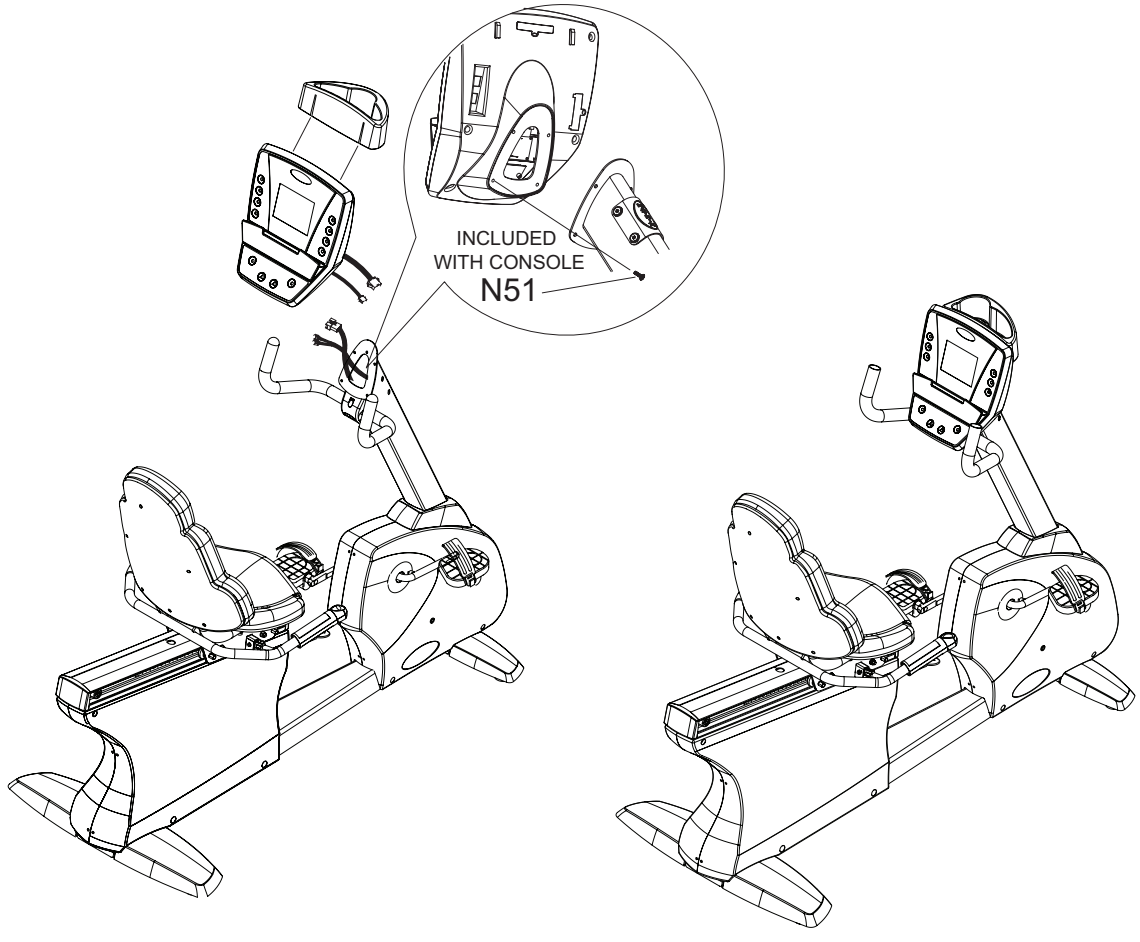
7.3 MX-R5x RECUMBENT CYCLE ASSEMBLY STEPS

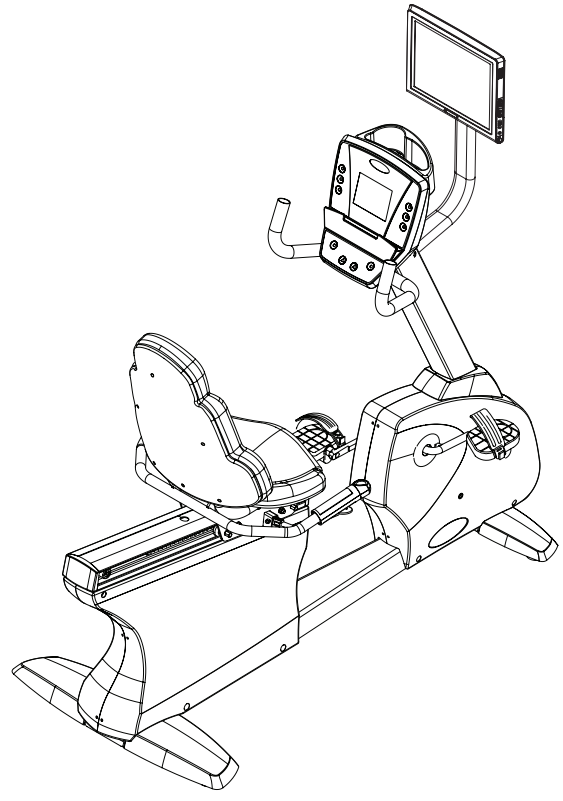
STEP 5

FINAL ASSEMBLY



06'_Cycle's_M.indd 16 7/18/06 1:05:09 PM

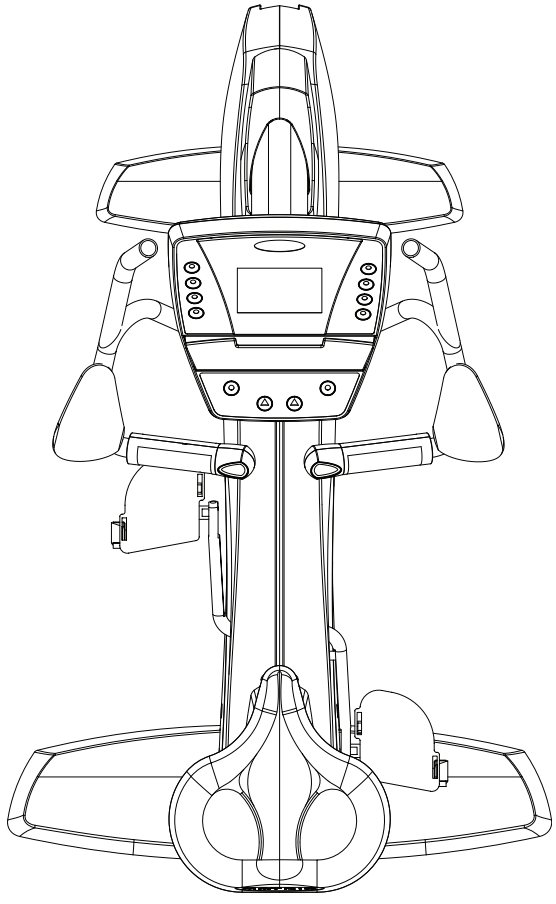
7.4 MX-R5X OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



06'_Cycle's_M.indd 17 7/18/06 1:05:10 PM

CHAPTER 8: UPRIGHT CYCLE SPECIFICATIONS, PARTS, AND ASSEMBLY STEPS

8.1 MX-U5x UPRIGHT CYCLE SPECIFICATIONS



SPECIFICATIONS

Product Name	U5x
Foot Print	inches = 47"L x 29"W x 56"H cm = 119.4 x 73.5 x 142.2
Weight	129 lbs 59 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE

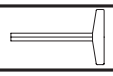
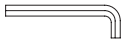
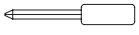
Wireless Heart Rate	Yes
Contact Heat Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes - Optional Fitconnexion

06'_Cycle's_M.indd 18 7/18/06 1:05:12 PM

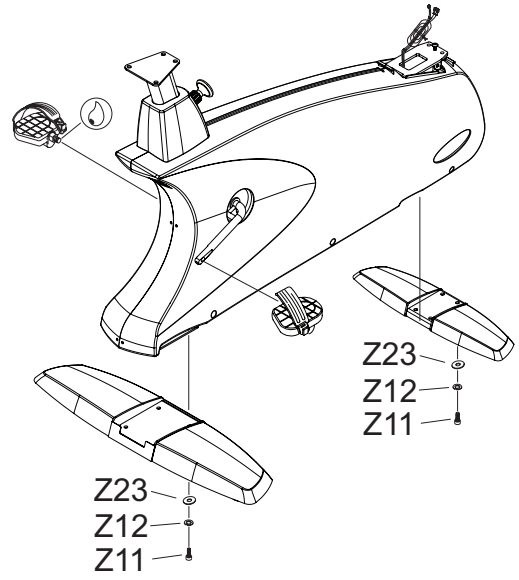
8.2 MX-U5x UPRIGHT CYCLE REQUIRED FASTENERS & ASSEMBLEY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			4mm ALLEN WRENCH	
01			5mm ALLEN WRENCH	
01			6mm ALLEN WRENCH	
01			OPEN WRENCH [#15 # 17 325L]	
01			#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
16	Z11		SOCKET HEAD CAP SCREW M8 x 20	
02	Z13		BUTTON HEAD MACHINE SCREW M5 x 10	
12	Z23		FLAT WASHER M8	
16	Z12		LOCKED WASHER	
04	N51		BUTTON HEAD MACHINE SCREW M5 x 12	Included in console

06'_Cycle's_M.indd 19 7/18/06 1:05:13 PM

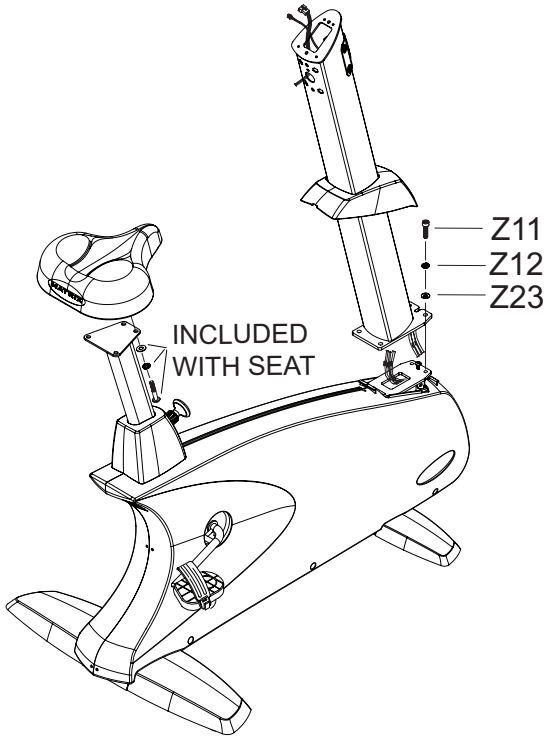
8.3 MX-U5x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 1



Lightly grease

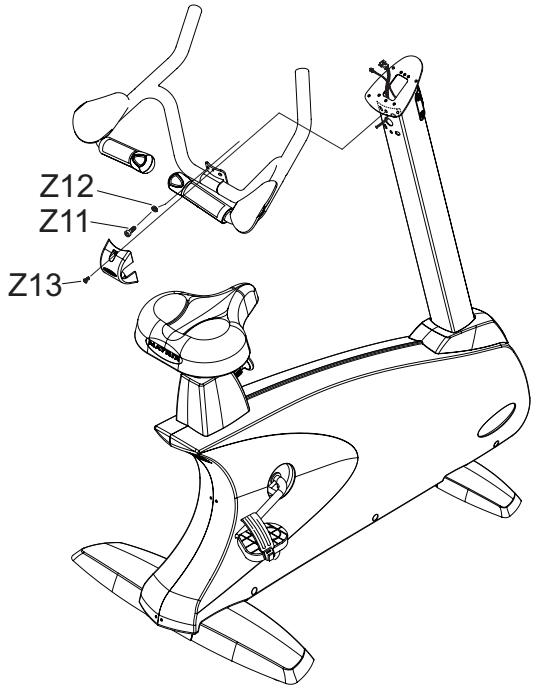
STEP 2



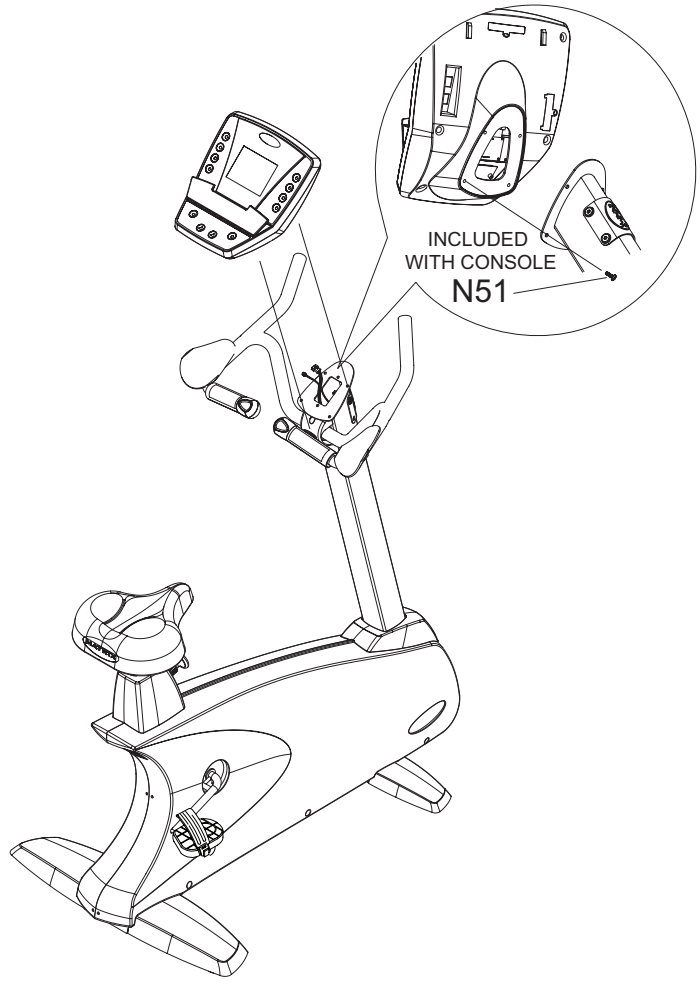
06'_Cycle's_M.indd 20 7/18/06 1:05:14 PM

8.4 MX-U5x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 3



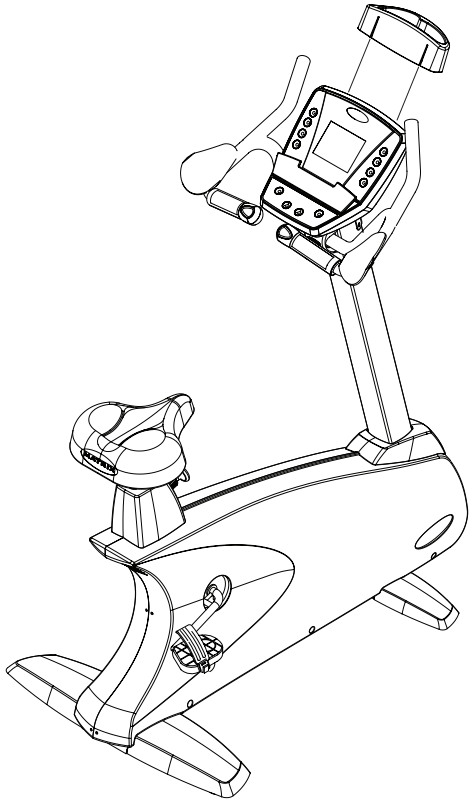
STEP 4



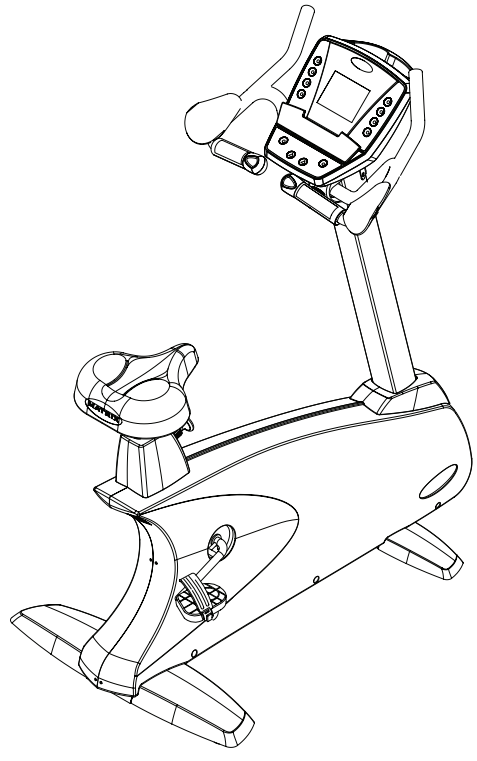
06'_Cycle's_M.indd 21 7/18/06 1:05:16 PM

8.3 MX-U5x UPRIGHT CYCLE ASSEMBLY STEPS

STEP 5

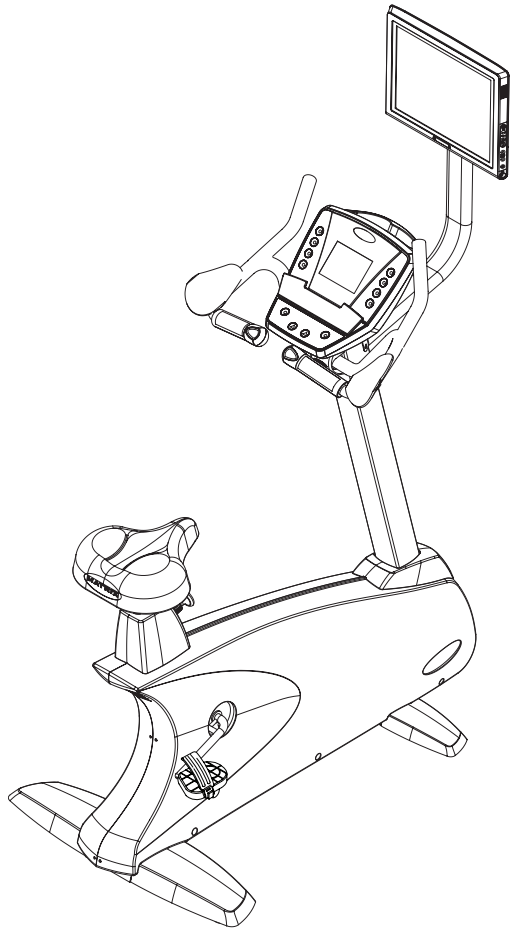


FINAL ASSEMBLY



06'_Cycle's_M.indd 22 7/18/06 1:05:17 PM

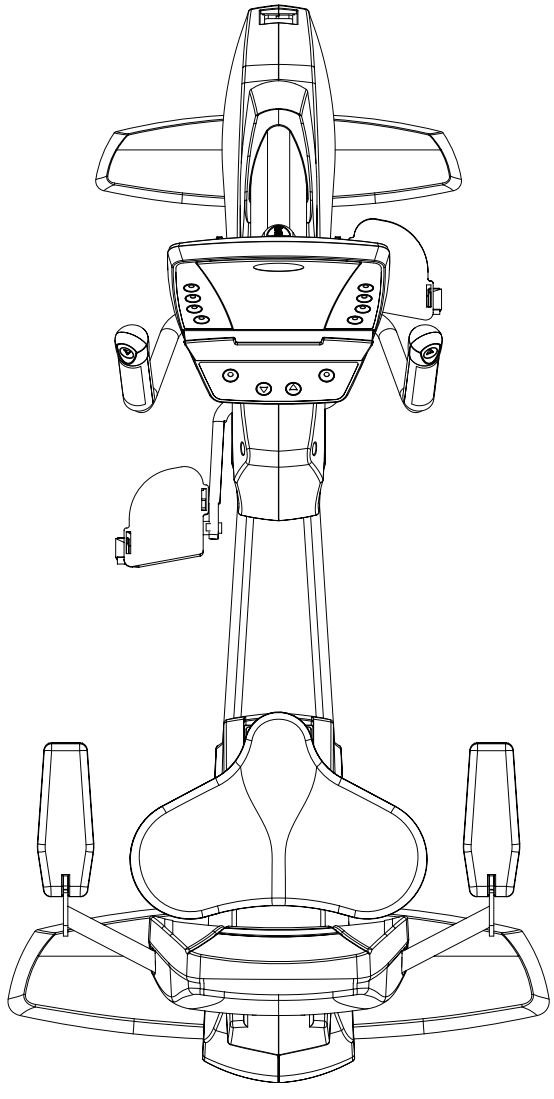
8.4 MX-U5X OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



06'_Cycle's_M.indd 23 7/18/06 1:05:18 PM

CHAPTER 9: HYBRID CYCLE SPECIFICATIONS, PARTS, AND ASSEMBLY STEPS

9.1 MX-H5x HYBRID CYCLE SPECIFICAIONS



SPECIFICATIONS

Product Name	H5x
Foot Print	inches = 58"L x 29"W x 55"H cm = 147.3 x 75.5 x 139.7
Weight	183 lbs 83 kg
Max User Weight	400 lbs = 181 kg
Frame Construction	Steel
Self Contained	Yes
Resistance Type	Generator
Resistance Level	25

PROGRAMS

One Button Quick Start	Yes
Random (20 profiles)	Yes
Target Heart Rate	Yes
Interval	Yes
Constant Watts	Yes
Rolling	Yes
Fat Burn	Yes
Fit Test	Yes

HEART RATE

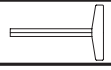
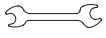
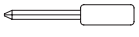
Wireless Heart Rate	Yes
Contact Heat Rate	Yes

ENTERTAINMENT READY

Coaxial Cable Connection	Yes
AC TV Power Connection	Yes
Monitor Mount	Yes - Optional Fitconnexion

06'_Cycle's_M.indd 24 7/18/06 1:05:19 PM

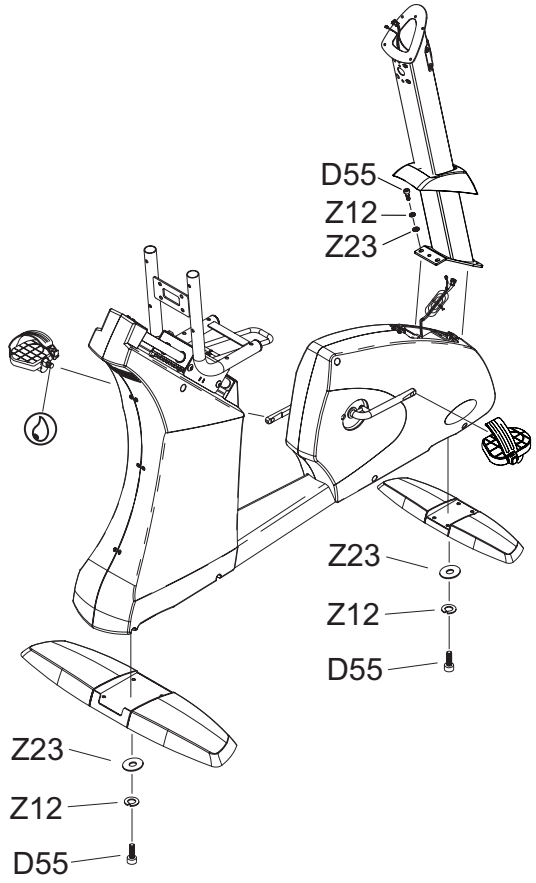
9.2 MX-H5x HYBRID CYCLE REQUIRED FASTENERS & ASSEMBLEY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			4mm ALLEN WRENCH	
01			5mm ALLEN WRENCH	
01			6mm ALLEN WRENCH	
01			OPEN WRENCH [#15 # 17 325L]	
01			#2 PHILLIPS SCREW DRIVER [4.5 x 50]	
04	D55		SOCKET HEAD CAP SCREW M8 x 20	
02	Z11		BUTTON HEAD MACHINE SCREW M5 x 10	
08	Z41		BUTTON HEAD CAP SCREW M8 x 50	
04	Z42		CUPPED WASHER	
04	N51		BUTTON HEAD MACHINE SCREW M5 x 12	Included in console
04	Z51		FLAT HEAD MACHINE SCREW M8 x 16MM	
12	Z23		FLAT WASHER M8	
16	Z12		LOCKED WASHER	

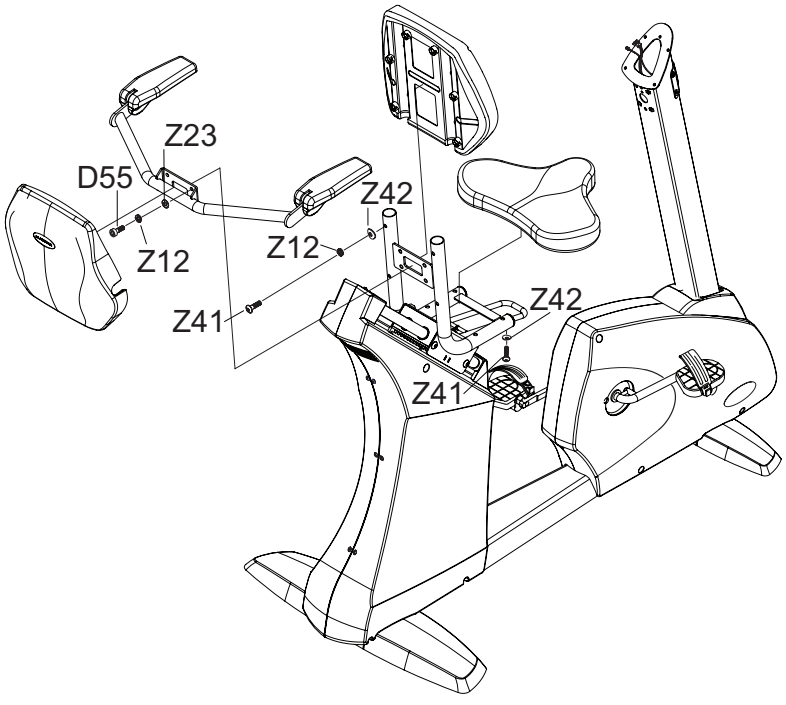
06'_Cycle's_M.indd 25 7/18/06 1:05:20 PM

9.3 MX-H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 1



STEP 2

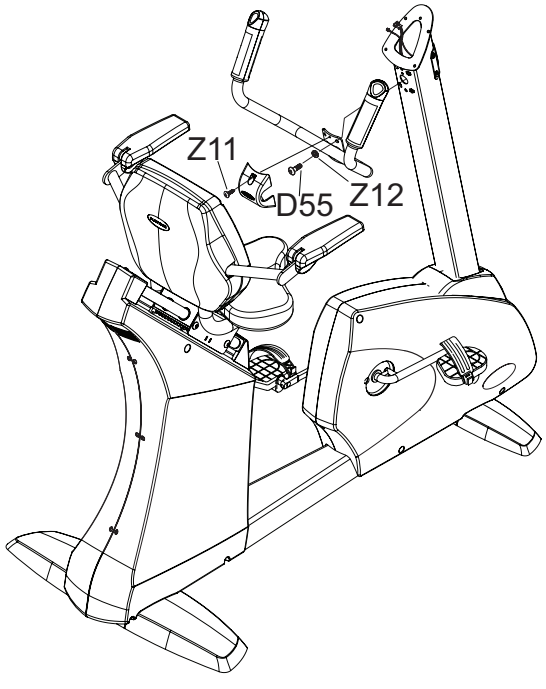


Lightly grease

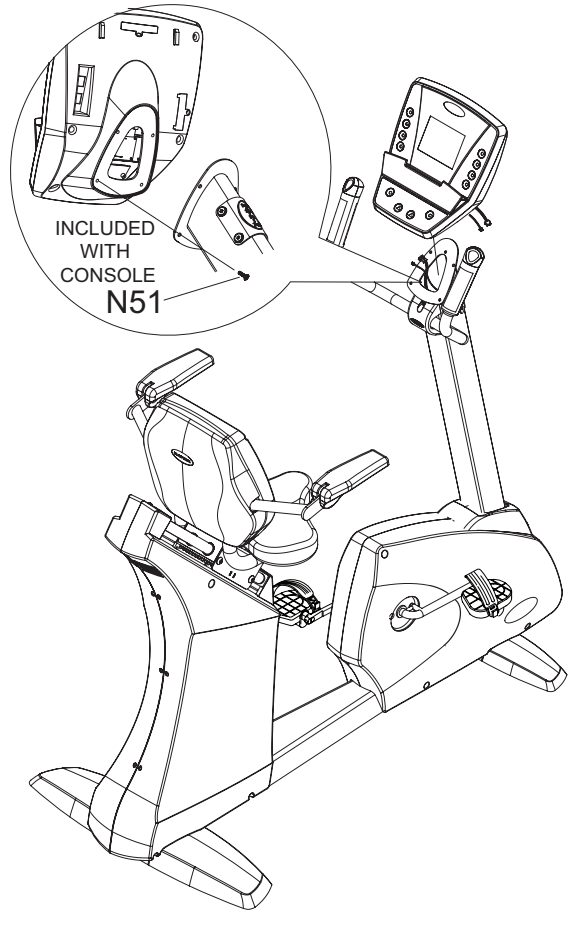
06'_Cycle's_M.indd 26 7/18/06 1:05:22 PM

9.3 MX-H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 3



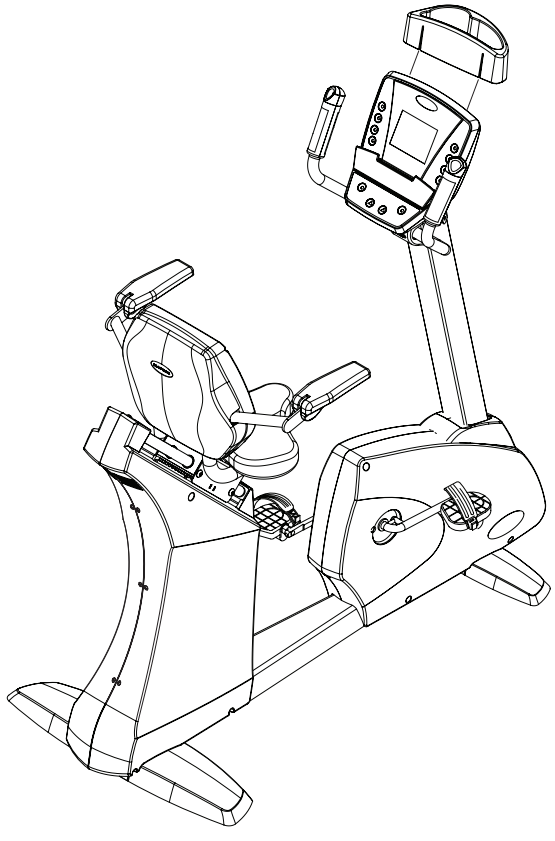
STEP 4



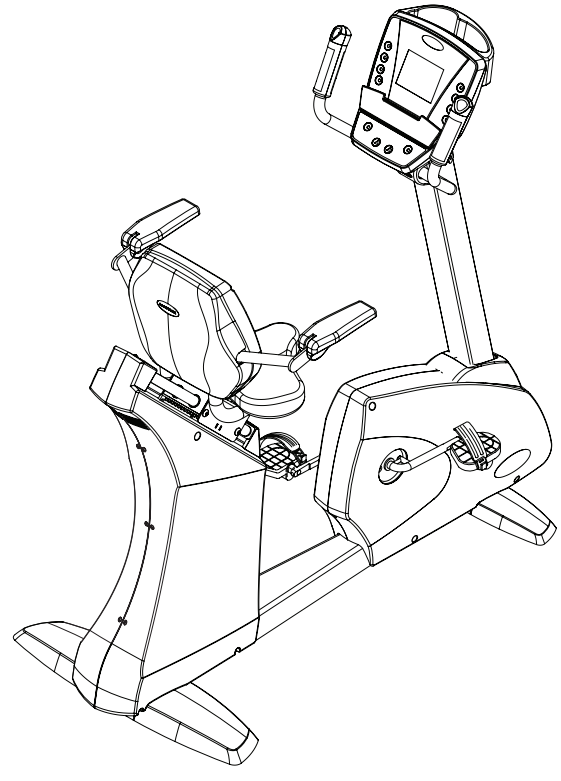
06'_Cycle's_M.indd 27 7/18/06 1:05:24 PM

9.3 MX-H5x HYBRID CYCLE ASSEMBLY STEPS

STEP 5

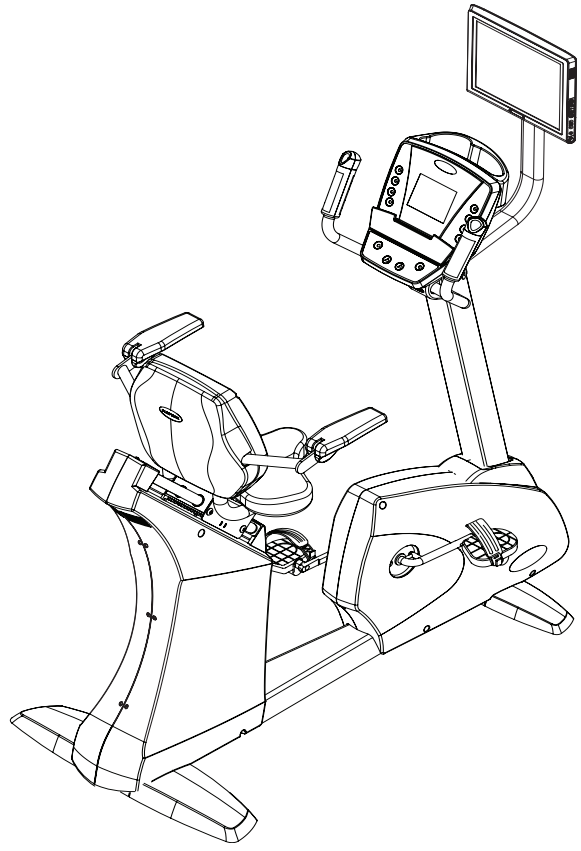


FINAL ASSEMBLY



06'_Cycle's_M.indd 28 7/18/06 1:05:26 PM

9.4 MX-H5X OPTIONAL ENTERTAINMENT ACCESSORY SHOWN



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06'_Cycle's_M.indd 30 7/18/06 1:05:27 PM

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06'_Cycle's_M.indd 31 7/18/06 1:05:27 PM